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Celebrity Buzz

Perry, Madden get 'friendly'
pg 14

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Transit drivers call for 500 buses promised in 2000

BUDGET Metro Vancouver transit drivers are asking for 500 new buses ahead of tomorrow's provincial budget.

More than 3,200 TransLink drivers say that buses are overcrowded, resulting in delays and unreliable service, according to their union.

Jim Houlahan, vice-president of the Canadian Auto Worker's Local 111, said the province needs to act on what has already been promised.

"Currently there are just over 1,100 buses on the road during the higher weekday rush hour," Houlahan said yesterday. "The five-year strategic plan approved by TransLink in 2000 called for us to have 1,600 buses on the road by 2006."

"Here we are, over two years later and we're 500 below that number," Houlahan added.

TARYN MCELHERAN
/FOR METRO VANCOUVER

ANDY CLARD/REUTERS

American Shaun White — of the video game covers and Olympic Gold — heads to first place in the halfpipe during World Cup Snowboarding at Cypress Mountain on Saturday. The finals for the World Cup parallel giant slalom snowboard, which were being used to test the Mountain's Olympic readiness, were cancelled yesterday due to soft snow after a period of mild weather.

Cup finals cancellation 'soft' run for Olympics

FERNANDO CARNEIRO
fernando.carneiro@metronews.ca

VANCOUVER 2010 Games

One year ahead of the 2010 Games, mild weather and the resulting soft snow led to the cancellation of the final two snowboard Olympic test events at Cypress Mountain yesterday.

Officials say the mountain will be better prepared at this time next year and are treating the cancellation of the World Cup parallel giant slalom snowboard men's and women's finals as a learning experience.

"The snow didn't get as hard as you need for a PGS World Cup event," said Oliver Kraus, International Ski Federation snowboard press co-ordinator. "The soft snow gets a little bit dangerous, you cannot control the board."

Kraus said this is only the second cancellation this season — the other happening in Italy — and the first due to soft snow.

Tim Gayda, VANOC's vice-president of sports, said that during an Olympic year workers build a base of about one to 1.5 metres of hard, dense snow. If the top layer becomes soft it gets scraped down to the hard snow below.

"We went with the flow of what the resort typically does for grooming," Gayda said. "We kind of learned that lesson with the Alpine World Cup in March. We should've applied that here."

Gayda also pointed out that several events were held over three days this weekend but those same contests will be spread out over 17 days during the Olympics. The extra time should allow workers to groom the runs ahead of events.

ShareYourViews
vancouverletters@metronews.ca

Economic plan expected in throne speech

JEFF HODSON
jeff.hodson@metronews.ca

POLITICS With an election on the horizon and an economy flirting with recession, Premier Gordon Campbell unveils his vision for B.C. this afternoon with the reading of the throne speech in Victoria.

Opposition House Leader Mike Farnworth said he expects the speech will be full of "grandiose promises" that the premier will "never follow through on."

Past throne speeches promising to protect seniors, children and to fight climate change have all "fallen by the wayside," said Farnworth, adding that he expects today's speech to focus on "the latest flavour of the month," community safety.

Unveiling

- At a press conference this morning, Hansen will unveil his budget shoes, an indicator of the budget's theme.

Farnworth, the New Democrat MLA for Port Coquitlam-Burke Mountain, said the speech from the throne should focus on health care, homelessness and housing, education and public safety.

It should also include an economic plan for the entire province, particularly hard-hit forest-dependent communities, he added.

After four successive years of budget surpluses, the premier announced Feb. 2 that the province would post back-to-back deficits "to protect the services that are essential in the short term."

The size and scope of the deficit will be unveiled tomorrow when Finance Minister Colin Hansen roles out his budget.

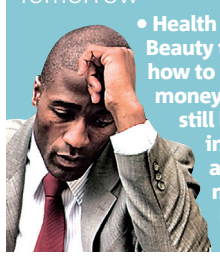
Riding the Recession

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Canada
- **What are economic forecasters predicting for the months ahead, pg 5**

Business
- **Tips and advice on how you can stay afloat despite losing your job, pg 8**

Tomorrow
- **Health — Beauty tips on how to save money while still looking like a million bucks.**



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Hiring freeze hits city staff
The economic crisis has found its way to Vancouver City Hall. City manager Penny Ballem informed all staff that a hiring freeze has been put into effect because of the sharp decline in development over the past several months. **CKLN.COM**

Local

Flights grounded

Singapore Airlines is cancelling its service to Vancouver because of the global economic crisis. The airline, which has flown to YVR three times a week for more than 20 years, announced service to Vancouver will end on April 25. METRO VANCOUVER

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Back boarding boost

JEFF HODSON
jeff.hodson@metronews.ca

A move to all-door boarding on Broadway's busy 99 B-line has resulted in modest improvements in travel times, according to a report that will be presented to city council tomorrow.

The switch to all-door boarding, in June 2007, also decreased loading speed and increased customer satisfaction.

The Broadway corridor, one of the busiest in the Lower Mainland, handles 40,000 vehicles and 70,000 transit passengers daily.

The information report was put together to update councillors on the performance of all-door boarding.

JENNIFER GAULTHIER / FOR METRO VANCOUVER

Commuters enter the 99-B bus through its rear doors outside Commercial Drive Station.

The report found that allowing passengers to board through the back doors as well as the front without checking fares saved one second per customer, a 17 per cent reduction in dwell time.

It also shortened the trip by one minute, or three per cent.

The average eastbound and westbound travel times between the University of British Columbia and Commercial Drive SkyTrain station dropped to 37 minutes from 38 minutes.

A survey conducted before and after found that the change increased customer satisfaction with regards to boarding speed, ease of exiting and personal security.

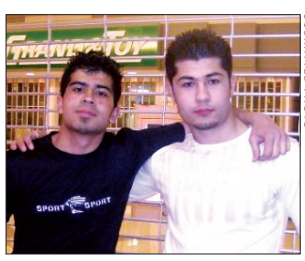
ShareYourViews
vancouverletters@metronews.ca

Burnaby students, 18, killed in crash

DEATH Two 18-year-old Burnaby students were killed after their car hit a pole and rolled over, the RCMP have announced.

The two males were driving along Canada Way and 13th Avenue in Burnaby on Thursday night when the driver lost control.

Although the victims' names have not been released by police, a Facebook group has been started for high school seniors Dyuzhan Abdul Hafiz and Sunil Afzali.


SUBMITTED PHOTO

Dyuzhan Abdul Hafiz, left, and Sunil Afzali seen in a Facebook photo.

Hafiz and Afzali attended Byrne Creek Secondary School and became close friends. They were both active in sports and loved cars. Friends and well-wishers from the Facebook group, which has attracted more than 1,400 members, said the two were inseparable and enjoyed everything about life.

Witnesses said the car weaved in and out of traffic before the crash. One of the victims died at the scene while the other died in hospital. Police continue to investigate the crash.

TARYN MCELHERAN
/METRO VANCOUVER

Bike commutes up 12 per cent in city: Report

CYCLING Vancouver saw a 12 per cent increase in the number of commuters riding bikes to work, says a report that will come before council tomorrow.

Citywide, 3.7 per cent of trips to work were made on bicycle in 2006, up from 3.3 per cent a decade earlier.

The number is higher than other major Canadian centres, with the exception of Victoria, where 5.6 per cent of trips to work were made by bicycle.

Almost 12 per cent of commuters in Point Grey, Kitsilano and South Cambie cycled to work. Grandview-Woodlands also exceeded 11 per cent.

The report mentions that efforts to increase cycling outside of the city core will have more impact on the number of bicycle commuters.

JEFF HODSON
/METRO VANCOUVER

Canada Line **One long wait**

JENNIFER GAULTHIER / FOR METRO VANCOUVER

Traffic is backed up in both directions at Cambie Street and Broadway yesterday, as crews continued to work on the Canada Line. One lane of traffic was maintained in each direction.

City may be giving Powell Street a lift with overpass

INFRASTRUCTURE Vancouver is considering a $37-million overpass to lift Powell Street over the Burrard Inlet rail line, west of Raymur Avenue.

It would create room for another east/west rail line along the waterfront and would eliminate train-related traffic disruptions on Powell Street.

A report before council tomorrow recommends the city support, in-principle, proceeding with the "Powell Street Rail Grade Separation," subject to funding from Transport Canada and other partners.

Transport Canada, which is expected to recommend the overpass as part of its South Shore Trade Area Study, hopes to reach an agreement-in-principle on the strategy by June.

The project could be eligible for funding through the Asia-Pacific Gateway and Corridor Initiative.

The proposed overpass would stretch three blocks east along Powell Street from Hawks Avenue.

JEFF HODSON/METRO VANCOUVER

News in brief

VICTIM NAMED Police identified the victim of Vancouver's most recent fatal shooting as 24-year-old Nicholas Gordon Smith. He was found shot to death in the basement suite of a home near Nanaimo Street and 15th Avenue on Wednesday night.

ECSTASY BUST Vancouver Police seized about 10,000 ecstasy pills and some crystal meth after arresting a man at the Greyhound bus depot. Const. Jana McGuinness said police searched the 28-year-old Vancouver man and found the drugs on Friday night.

DEATH A 20-year-old Surrey resident has died in a car crash on Crescent Road. The victim was the passenger in the car on Saturday morning and died at the scene. Police haven't ruled out alcohol as a factor.

BLAZE A fire at a townhouse complex in Abbotsford has destroyed a home and damaged two others, cknw.com reports. Firefighters were called to the complex on Crescent Way on Saturday night. No one was injured and the cause of the fire is still under investigation.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video New theory says Arctic and Antarctic species have same origins and migrated to polar opposites at **metronews.ca /world**

Video An interview with a 13-year-old father kicks off wave of "broken Britain" anxiety at **metronews.ca /world**

Lotteries

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Lotto 6/49: 16. 25. 29. 37. 45 & 49 Bonus 20
BC 49: 1, 2, 3, 4, 22 & 38 Bonus 27
Extra: 4 58 71 80
These results are not official.

Province giving away Olympic tickets

The province of British Columbia is giving away tickets to the 2010 Games, as well as electronics and personal training sessions as part of a campaign to encourage people to lead healthier lives. The World Healthy Living Challenge asks people to make three small improvements to their daily lifestyle. METRO VANCOUVER

Province to crack down on illegal firearms

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The B.C. government is hiring more police forces, adding more prosecutors and working toward implementing stricter laws to crack down on gang violence in the Lower Mainland.

The announcement, made on Friday, came in the wake of a rash of targeted shootings that left five young men dead.

Premier Gordon Campbell promised to bring in 168 new police officers and 10 new prosecutors over the next two years.

"Recent gang violence has been both shocking and appalling, and British Columbians have had enough," he said.

"We're adding more officers to investigate, arrest and get violent criminals off the street, and ... more prosecutors to put criminals behind bars."

"These additional resources ... mean we can dramatically increase our efforts to get these gangs off the street," said solicitor general John van Dongen.

The plan also includes a pledge to crack down on illegal guns, forbid the use of armoured vehicles and body armour, build more jails, enforce stricter penalties and create a new gang hotline and incentive program for witnesses.

Campbell added that he's committed to implementing recommendations from The Illegal Movement Of Firearms In British Columbia report, which was released on Friday.

It would include, among other things, more resources for investigation and enforcement, stricter guidelines for prosecution, and better training and education programs.

Cull complete at second infected poultry farm

BIRD FLU All 12,000 birds at a second Fraser Valley poultry farm have been destroyed following an outbreak of avian flu, according to the Canadian Food Inspection Agency (CFIA).

The outbreak was discovered last week and resulted in CFIA officials placing 12 poultry operations under quarantine, bringing the total number of quarantined farms in the Fraser Valley to 45.

In a release Saturday, the CFIA said tests "indicate the strain of avian influenza virus on the second premises is of low pathogenicity and similar to the original virus identified on the first infected premises."

Two of the quarantined farms had some contact with the infected farm, while the other 10 are within three kilometres.

The birds were "humanely destroyed" and their carcasses will be disposed of in accordance with disease-control guidelines and provincial environmental regulations.

JEFF HODSON/METRO VANCOUVER

March remembers murdered women

VALENTINE'S DAY Hundreds of people marched through the Downtown Eastside to remember all the women who've been murdered or have disappeared across the country.

The 18th annual Women's Memorial March, which is held every Valentine's Day, also took place in other Canadian cities, including Victoria, Calgary and Edmonton.

Many people in Vancouver turned out to remember the six women murdered by Robert Pickton and the 20 others he's accused of killing.

Family members of some of the missing or murdered women gathered at noon outside Carnegie Centre to share their memories of their loved ones.

Marlene George, march organizer, said the list of missing women continues to grow.

METRO VANCOUVER

'Hail of gunfire' killed innocent man, police say

KRISTEN THOMPSON
kristen.thompson@metronews.ca

"There are individuals that have crucial information ... These people are choosing not to come forward to police."
RCMP Cpl. Dave Carr

BURNABY A 24-year-old man who was murdered in a drive-by shooting in Burnaby last year was an innocent victim killed in a case of mistaken identity, police have announced.

Nine months after Jonathan Barber was killed in a "hail of gunfire" while driving down Kingsway, police confirmed the shooters meant to hit one of the Bacon brothers.

Police say the three brothers, who are from Abbotsford, have long been suspected of being tied to the Red Scorpion gang.

On Friday, Barber's parents appealed for anyone with information about the shooting to call police.

Michael Barber said losing his son was devastating and he wants his killers found so they can't hurt anyone else.

Mary Barber said her son was killed on Mother's Day weekend, and the holiday will never be the same.

"Barber installed vehicle electronics for extra money and was in the process of taking delivery of a vehicle for some installations," said RCMP Cpl. Dale Carr.

He had just picked up the black Porsche Cayenne and was driving it home when he was killed. His girlfriend, who was driving in a separate car, was seriously hurt.

Carr said the SUV has "conclusive links" to the Bacon family.

"At this point of the investigation police have yet to arrest anyone responsible for the murder ... and attempted murder," he said.

"There are individuals that have crucial information regarding this investigation. These people are choosing not to come forward to police."

Illegal guns used as film props: Report

FIREARMS Some illegal firearms have been making their way into the Lower Mainland as props in the film industry, according to The Illegal Firearms Report.

The Firearms Act allows the industry to bring prohibited guns into the province if they are being used for filming.

In 2007, border guards seized 800 replica guns that had been brought here to supply the movie industry but had been diverted into other hands. The replicas included handguns, assault rifles and machine guns. Four people were charged.

News in brief

DRUGS A 32-year-old Surrey man has been sentenced to eight years in jail for his role in an inter-provincial drug distribution network. Karim Ben-Jaffar was stopped by Canmore RCMP in 2006 and found to be in possession of 19 kilograms of cocaine, which was en route to Calgary.

COLLISION RCMP in Burnaby are looking for witnesses to a pedestrian collision that killed a 60-year-old Vancouver man early yesterday morning. The man was crossing Sumner Avenue when he was hit by a green mini van. The victim wasn't in a crosswalk.

AGREEMENT A tentative agreement has averted a strike at ports in B.C. that threatened to disrupt imports and exports along the coast, news1130.com reports. The dispute involved almost 500 workers from the International Longshore and Warehouse Union, who have been without a contract since March 2007.

METRO NEWS SERVICES

Pair charged with assaulting N.L. cop
Two St. John's, N.L., men were arrested after a police officer was allegedly assaulted on Friday night. The pair also allegedly tried to steal the officer's gun. **CBC NEWS ONLINE**

Canada

A 'difficult' year

Most job losses to come in next six months: Economist

JESSICA SMITH
for Metro Canada

Riding the **Recession**

The evidence is mounting. Canadians are buckling down for a recession by saving their money and worry about job loss is on everyone's lips as they see their wealth in stocks and real estate diminish.

"There are a number of tangible ways that people feel a recession," said Beata Caranci, director of economic forecasting for TD Bank Financial Group.

In Canada, the recession began in the last quarter of 2008. Between the peak of employment in October of 2008 and the end of 2009, Caranci predicts Canada will see 400,000 job losses. In January alone, Canada shed 129,000 jobs.

"So, clearly, it affects people directly," she said. "And people, often when they're worried about their future, they start thinking about savings more, and when people save more it causes a ripple effect through the economy, causing sales to drop, which causes retailers and other people to lose their jobs."

When people spend less money, businesses suffer, she added.

"In this cycle we're seeing about a 30 per cent decline in corporate profits, and that would be the largest annual decline on record," Caranci said. "So obviously as profits decline, stock market wealth is affected, and you see real estate wealth being affected because home prices fall as confidence falls."

Caranci predicts the most job losses will come in the next six months, and then the fiscal and economic stimulus provided by governments will start to take effect.

"We think by the end of this year you'll start to see recovery, but it will be relatively shallow," she said. "It'll feel like a much better year in 2010. This year is going to feel very difficult for people."

Even people who haven't lost their jobs, and whose stock market losses have been manageable, are still worried, according to Maurice Levi, macroeconomics professor at the University of British Columbia.

"When you get into a time like this, the natural, and perhaps proper thing to do is to be more cautious and not spend money," he said.

But when everyone decides to save their money, the economy, and the community as a whole suffers, he said. "It's a paradox."

Signs of a slowdown

- Economists generally define a recession as "two back-to-back quarters of contraction in an economy," but there are other signs that point to a recession, said TD Bank Financial's Beata Caranci. Both the United States and Canada are experiencing a slowdown in income growth, significant job losses, and a decline in industrial production — all markers of a recession that people feel directly.

Death by the book: Witnesses

VANCOUVER From border agents to airport staff, witness after witness at the inquiry in Robert Dziekanski's death said repeatedly they followed the rules.

No one has yet said anything to indicate that something wrong took place that led to the man's death after RCMP arrived at Vancouver International Airport.

On that night, airport worker Heather Staller knew the Emergency Response Services team should be called. The trained medics were in the airport and would have arrived at the scene before ambulances sent from outside. But Staller testified she was told by her supervisors not to call the ERS unit, a fact she relayed to Andrew Caldwell, ERS supervisor that night, via email.

"I hate this stuff ... office politics," Staller wrote to Caldwell.

TORSTAR NEWS SERVICE

Toronto **Pashtun protest**

CARLOS OSORIO/TORSTAR NEWS SERVICE

Javed Akhtar speaks outside the Ontario legislature yesterday, a day when Pashtun Canadians of Pakistani and Afghan origin protested against the Taliban and its actions in Pakistan.

News in brief

FOUND Two Ottawa-area hikers were rescued by helicopter in New Hampshire yesterday after being lost since Wednesday. Gabriel Fortin, 30, and Stephanie Desilets, 27, got caught in bad weather and went missing Wednesday night.

TORONTO The TTC says it won't be able to install screens protecting subway passengers until at least 2016. The announcement comes after an unprovoked attack on Friday that saw a man push two teens onto the track.

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Creatures in both Arctic, Antarctic puzzle experts

At least 235 types of cold-loving creatures thrive in both Arctic and Antarctic seas, puzzling scientists about how they got to both ends of the earth, a study showed yesterday. Until now, the warm tropics have been seen as a barrier keeping polar bears in the Arctic separate from penguins in the Antarctic. REUTERS

World

Barbie turns heads in New York

Barbie turns 50 this year but the classic doll was still turning heads at New York's semi-annual Fashion Week as models styled as Mattel Inc.'s fashion icon took to the catwalk in designer outfits. Crowds overflowed at the eagerly awaited show, which is part of a year-long celebration for Barbie's birthday that Mattel is using to try to make Barbie fashionable again and boost flagging sales. REUTERS

White House dampens stimulus expectations

WASHINGTON President Barack Obama's aides warned Americans yesterday not to expect instant miracles from the $787-billion US economic stimulus bill he will sign this week, but said it would help eventually.

Obama is due to sign the bill passed last week by Congress in Denver tomorrow. It was the first major legislative victory of his young presidency, which could rise or fall with its success or failure.

"There will be signs of activity very quickly," David Axelrod, the White House senior adviser, said on Fox News Sunday. "But it's going to take time for that to show up in the statistics. The president has said it's likely to get worse before it gets better."

"It's going to take time ... The president has said it's likely to get worse before it gets better."
David Axelrod, White House senior adviser

White House spokesman Robert Gibbs used similar language on CBS' Face the Nation.

"I don't think there's any doubt that we've seen this economy has gotten worse just in the last few months. The acceleration in job loss probably means that this economy is going to get worse before it gets better," he said. REUTERS

Chavez wins vote to lift term limits

VENEZUELA Venezuelan President Hugo Chavez has won a referendum on lifting term limits to allow him to stay in power as long as he keeps winning elections, electoral authorities announced yesterday.

Electoral officials said the former soldier had won 54 per cent of votes in favour of the constitutional amendment in the OPEC nation. REUTERS

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China launches sex-ed program

China yesterday launched a national sex education campaign aimed at breaking traditional taboos and getting more people to seek treatment for sexually transmitted diseases and infertility.

Just seven per cent of women and slightly more than eight per cent of men seek immediate medical help for sexual problems, while more a third of people never seek help, said a campaign advisor.

HIV/AIDS on the rise

- HIV/AIDS in China is now mainly sexually transmitted. By the end of 2007, China had an estimated 700,000 people infected with HIV, up from an earlier estimate of 650,000, but is believed to have many unreported cases.

The campaign, called "the sunshine project to care for gender health," will feature posters, competitions and sponsorship of an international sex toy fair in Beijing, organizers said, in a bid to breach "painful topics" of sex.

It will be fronted by Hong Kong starlet Yvonne Yung and her husband Will Liu.

While the government has rolled out a television campaign to promote condom use, a major move for a country where talking about sex is problematic for many people, traditional shyness about discussing sex remains a huge issue, said Xia Enlan, head of the obstetrics and gynaecology department of the Capital University of Sciences' Fuxing Hospital.

"It's taboo ... People are not very open," she said. REUTERS

Italy **Flight of the Angel**

HANDOUT/REUTERS

Missoni fashion house heir Margherita Missoni is lowered by cable while suspended above Saint Mark's square in Venice yesterday. The event, called Flight of the Angel, marks the start of the Carnival in the lagoon city.

Livni rules out joining a Netanyahu government

POLITICS Israeli Foreign Minister Tzipi Livni wrote in a private note captured by cameras yesterday that her centrist Kadima party would not join any coalition government headed by right-wing Likud Leader Benjamin Netanyahu.

The note, which Livni handed to outgoing Prime Minister Ehud Olmert of Kadima at the weekly cabinet meeting, set the battle lines in what could be weeks of political bargaining after Israel's inconclusive election last Tuesday.

Shortly after polls closed, both Livni and Netanyahu laid claim to the premiership, deepening uncertainty over the course Israel will follow after last month's Gaza war and in peace negotiations with the Palestinians.

Kadima won 28 seats in the 120-member parliament to Likud's 27, but a strong rightist bloc that emerged in the vote appeared to give Netanyahu the edge in putting together a governing majority. REUTERS

News in brief

COURT Wal-Mart Stores Inc. praised a U.S. appeals court decision to re-hear a ruling that would have allowed a sex discrimination claim against the retail giant to proceed as a class-action lawsuit. Plaintiffs have claimed that the world's largest retailer was biased in pay and promotions.

STEM CELLS U.S. President Barack Obama will soon issue an executive order lifting an eight-year ban on embryonic stem cell research imposed by former president George W. Bush, a senior adviser said yesterday.

PAKISTAN At least a dozen people were killed in Pakistan's Kurram tribal region on early today when a suspected U.S. drone aircraft fired two missiles at a school building used by militants, witnesses said. REUTERS

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Comment & Views

Comment

Making of a bag lady

HineSight
Anne Hines

In my city, BYOB has recently taken on a whole new meaning. Most grocery stores are now Bring Your Own Bags. As of July 1, it will be the law here. So wherever I go, I'll be schlepping bags.

Now, I am in favour of saving the environment. If asked, "Would you prefer the Earth to be (a) a leafy oasis full of frolicking baby seals or (b) a smoldering fire ball?" I'd answer (a) every time.

And I know that every year factories in this country spew tonnes of toxic gases into the air and dump oceans of non-organic waste into our water system. Clearly, the government had to act. So, it decided to solve the problem by making us bring our own shopping bags to stores.

The thing is, I don't always remember my bags. I stand in checkout lines in a cold sweat. The cashier eyes me coldly, "Do you need to buy bags?" If I say "yes," I might as well have "Earth Hater" tattooed on my forehead.

I could pretend I have a dog. If you have a dog, buying plastic bags is not just socially acceptable it's downright irresponsible. I never have dog food in my cart. Damn. I should carry decoy dog food in case of just such an emergency.

Usually, I do the only sensible thing possible. I exit the store with boxes of Pop Tarts wedged under my arms and a pot roast shoved into my purse.

I have to admit in those moments I've wished there were a way to tell the government how I feel about its "go after the little guy first" approach to saving the world.

Then yesterday, I saw my doctor for a checkup. She suggested that I have a sample of my … um … you know, a sample checked. "Do I go to the lab?" Her: You just put it in this envelope and mail it to a government office.

I suddenly thought "What a wonderful country we live in." Do you think people living under communist regimes are allowed to send poop to the government? I think not. These people only dream of such things.

This is not a perfect system. You're only allowed one envelope and you don't get to choose which government office you send it to.

But I did I leave the doctor's office thinking that not every government program seems designed to provoke me. This one was excellent. They'd even given me the bag.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

Bedbugs: Vancouver's dark secret

InTransit
Derek Moscato
dmoscato@yahoo.com

Drug addiction, gang violence, and poverty in the Downtown Eastside will all be issues put forward. Here's another: Bedbugs.

The one-year countdown to the 2010 Winter Games has come and gone, but that doesn't mean Vancouver is going to be able to shy away from the spotlight anytime soon.

The city is now on the radar of international media. In addition to stories about the Games' local impact, you can bet that visiting journalists will be scoping out this region's dark side, too.

Drug addiction, gang violence, and poverty in the Downtown Eastside will all be issues put forward. Here's another: Bedbugs.

Nevermind the visiting reporters, locals are already making noise about them.

An old friend of mine, who recently moved here from southern Ontario, is a case in point. It turns out the downtown heritage apartment he and his partner had just rented two months ago is home to the stubborn pests.

Initially, he was only dealing with occasional bites — painless, but annoying.

But to drive out the bugs, his building's landlord decided to bring in the fumigators. This, in turn, brought out some serious aggression from the critters — who one night showed their displeasure by making a meal of my pal's arm.

To his credit, he has maintained his sense of humour — and his sanity — over the matter. But others affected can't say the same.

Bedbugs are making life miserable for countless Metro Vancouver residents — from all walks of life. The critters are living large in social housing complexes, apartment buildings, and sometimes even posh hotels.

The provincial government has reported staggering increases in reportings over the past decade. And one website, bedbugregistry.com, lists nearly 400 buildings across the Lower Mainland that are impacted.

It's not just Vancouver that is dealing with a bedbug crisis. Many cities are under siege.

A recent editorial in the New York Times prodded that city's mayor, Michael Bloomberg, to pay closer attention to the growing issue in his metropolis.

New York's lawmakers, noted the Times, must "press for better training … of exterminators, more public education about these pests, tougher standards for used furniture and a task force to figure out how to stay ahead of an army that seems to be growing every year."

It's an approach that should be equally embraced in Metro Vancouver. Better yet, it would leave an Olympic legacy that could help everyone sleep better at night.

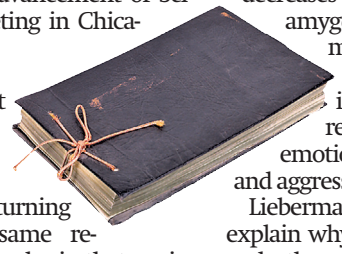
Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics.

Worth mentioning

Words give brain handle on feelings: U.S. researcher

Brain scientists are starting to understand something poets, songwriters and diarists have long known: Putting feelings into words helps ease the mind.

"It is a pretty well-established finding that this occurs, but we don't know why," Matthew Lieberman of the University of California, Los Angeles, said on Saturday at the American Association for the Advancement of Science meeting in Chicago.



"When you put feelings into words, you are turning on the same regions in the brain that are involved in emotional self-control," Lieberman said.

"It regulates distress," said Lieberman, who studies the brain using technology known as functional magnetic resonance imaging or fMRI, which highlights brain regions as they become active.

Lieberman's findings are based on studies in which healthy subjects lie in an MRI machine and view emotionally evocative pictures, such as scared or angry faces. Study participants touch a button corresponding to a word that expresses that emotion.

When study subjects put feelings into words in this way, the researchers noted increased brain activity in the ventrolateral prefrontal cortex, a brain region known for dampening negative emotions.

At the same time, they saw decreases in activity in the amygdala, the brain machinery responsible for processing feelings about relationships and emotions like fear, rage and aggression.

Lieberman said this may explain why many teenagers and others take up pen and paper when they are filled with angst.

"I think it certainly could play a role in why people of any age write diaries or bad lyrics to songs," he said.

"That is certainly a possibility."

Lieberman said he is now doing studies to see how putting words into feelings might help people who fear spiders or have anxiety disorders.

REUTERS

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Watchdog eyes one-year TV licence renewals

The Canadian Radio-television and Telecommunications Commission says it wants to allow one-year licence renewals, instead of seven years, to conventional television broadcasters in spring 2009 because of the financial issues faced by the industry. METRO NEWS SERVICES

Business

Home sales drop 37%

The Canadian Real Estate Association says January sales were down 37 per cent from a year earlier. Average prices of homes are also down 11.3 per cent to $273,185, or more than $30,000 cheaper than in January 2008. The association expects average home prices to decline another eight per cent this year as sales activity falls 16.9 per cent from 2008 levels. TORSTAR NEWS SERVICE

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Bank of Canada chief pins hopes on U.S. bank plan

ECONOMY The success or failure of a U.S. bank rescue plan will determine whether Canada can pull out of a recession later this year, Bank of Canada governor Mark Carney said on Saturday.

Even after hearing more details of the plan from U.S. Treasury Secretary Timothy Geithner during a weekend G7 meeting in Rome, Carney said it was impossible to have an opinion on whether it would work.

The central bank has predicted Canada's economy will start growing again in the third quarter of this year, but said a precondition for that to happen is a stabilization of the global financial system — starting with the United States.

"It's too early to make a judgment on the likely success, on whether that precondition will be fulfilled," Carney said following the meeting of G7 finance ministers and central bankers.

"The next couple of months, in terms of execution, will be very important for the timing of the recovery." Mark Carney

"The next couple of months, in terms of execution, will be very important for the timing of that recovery."

Geithner unveiled a plan last Tuesday to soak up as much as $1 trillion US in bad assets on banks' books. One aspect of the plan is a public-private partnership to remove up to $500 billion in distressed assets — a move Carney said had merit.

REUTERS

Business in brief

BEIJING China's official Xinhua news agency has slammed the "Buy American" requirement of the U.S. economic stimulus package in a commentary. This is the first indication of the reaction in Beijing to the measure, which has been criticized by U.S. groups that fear it could invite other countries to keep U.S. goods out of their own stimulus programs. REUTERS

AVIATION Air Canada posted a worse-than-expected fourth quarter loss yesterday of $727 million, or $7.27 a share, as fewer people took to the skies and sales remained relatively flat at $2.5 billion during the three-month period. That compares with a profit of $35 million, or 35 cents a share, a year earlier. TORSTAR NEWS SERVICE

Being laid off isn't easy, but people must remember it's not the end of the world and it's not their fault.

Coping with layoffs

Riding the **Recession**

BRIAN TOWIE
for Metro Canada

You might not like it, but you may have to prepare for the day you lose your job.

It's an ugly reality workers face during an economic downturn, especially one as severe as the current crisis Canadians are experiencing. Companies often cut jobs to save on their budget, which might mean layoffs for you or those with whom you work. It's a harrowing experience for those who have gone through it, but if you know your rights and your options, you can survive it and get back on your feet relatively quickly.

"The old saying goes, 'If your neighbour loses his job, it's a recession, but if you lose your job, it's a depression,'" says Laurell Ritchie, national representative for the Canadian Auto Workers union.

Layoffs aren't always fair. Contracts often dictate the terms of your employment and since they're more than likely drafted by the company, they'll favour its rights over your own. Your province will have employment standard laws in this regard. Under the Ontario Employment Standards Act, for example, an employer doesn't have to prove "just cause" to get rid of you. But if you feel you've been let go undeservedly, you may have a case to complain to the Ontario Human Rights Commission if you can prove discrimination. Experts advise consulting an employment lawyer.

"People need to make sure they stay in control of their life." Andrea Garson

Though there's little you can do to prevent it, Ritchie notes there are tell-tale signs that layoffs at your company are on their way.

"Watch out for reductions in work hours that last more than a couple of weeks, especially if the employer doesn't arrange for EI work-sharing benefits," she said. "Layoffs may also follow if an employer restructures or there's a change in ownership. And of course, layoffs are always a risk when inventories are building up while orders drop off."

"People need to make sure they stay in control of their life," said Andrea Garson, vice-president of human resources at Workopolis. "Focus on what you can do ... Accept support from other people. Companies may offer out placement services, which people should absolutely avail themselves of. If you're coping, help your family cope too. Also set up a budget: Life can't go on as normal, so people have to adjust their spending."

Above all else, it's important to remember that you're probably not to blame. In situations of this kind it's the position that has become redundant, not you. Keep in mind that you've still got the skill and experience to find new work, and options are available to help you do that.

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No relief in sight, says Flaherty

FORECAST Canadian Finance Minister Jim Flaherty said on Saturday he expected more bad economic data like the recent jobs and trade reports that shocked markets and showed how badly the global financial crisis has hit Canada.

Asked about his expectations for manufacturing sales in December, to be released by Statistics Canada today, he said: "I expect the numbers of all kinds to continue getting worse month after month this year. That's what we anticipated in the budget."

"I expect the numbers of all kinds to continue getting worse month after month." Jim Flaherty

Analysts expect the ailing manufacturing sector to have posted a 5.3 per cent decline in sales in the final month of last year. That would come on the heels of worse-than-expected reports showing record job losses in January and a trade deficit in December for the first time in nearly 33 years.

REUTERS

CPP fund loses 14% of reserves

PENSIONS The investment fund backing the Canada Pension Plan suffered an $18.3-billion loss in 2008, pulling down its average annual return to about five per cent over the past decade.

Falling stock prices erased 14 per cent of reserves last year, but the fund's CEO said he does foresee an improvement within a few months. He expects to snap up stocks, real estate and infrastructure businesses at prices that would lead to high returns over the coming decade. TORSTAR NEWS SERVICE

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Penguins dump head coach
The Pittsburgh Penguins fired head coach Michel Therrien yesterday and named Dan Bylsma as his interim replacement. Therrien was relieved of his duties following Pittsburgh's 6-2 loss to Toronto a day earlier. METRO NEWS SERVICES

Sports

Armstrong's bike stolen

Lance Armstrong's time-trial bike was stolen Saturday night from his team's truck before the opening stage of the Tour of California. Armstrong rode the bike to a 10th-place finish Saturday during the Tour prologue. The race is his first competitive appearance in the U.S. since the seven-time Tour de France winner began his cycling comeback last month. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Canucks top Habs

SCOTT RINTOUL
for Metro Vancouver

NHL RESULT
Canadiens 2 Canucks 4

THE SKINNY: Daniel Sedin and Alex Edler scored goals 48 seconds apart in the first period, and the Canucks never looked back en route to their fifth victory in their last six games. Daniel, brother Henrik and Alex Burrows combined for two goals and six points on the night, while Ryan Kesler added the final nail in the coffin.

THE DISCIPLINE: The best cure for a struggling penalty kill? Don't take any penalties. For the first time this century, the Canucks stayed out of the box.

THE ROAR: Was this game in Vancouver or Montreal? Both Canadiens goals elicited as loud a roar as was heard on any of the Canucks' markers.

THE LEAPFROG: After starting the night ninth in the West, the Canucks vaulted all the way up to fifth after earning two points for the win.

THE RATING: With the Habs in town, there was a buzz in the building that could be felt through the TV. 4.5 out of 5 stars.

THE NEXT GAME: Vancouver kicks off a four-game, all-Canadian road trip with a visit to Calgary on Tuesday.

Medal at technical event first for a Canadian skier

Canadian ski racer Michael Janyk stood at the top of an icy pitch where so many hopes had been shattered yesterday with one thought: Podium or bust.

In a scenario that could be similar to one he'll face in next year's Olympics in his hometown of Whistler, Janyk knew he had to risk it all in his second run of the men's slalom, the curtain closer at the world alpine championships in Val d'Isere, France.

"I was in the start and I said to myself 'We have nothing to lose. I'm in ninth place. I want to move up as much as possible and I need to attack.'"

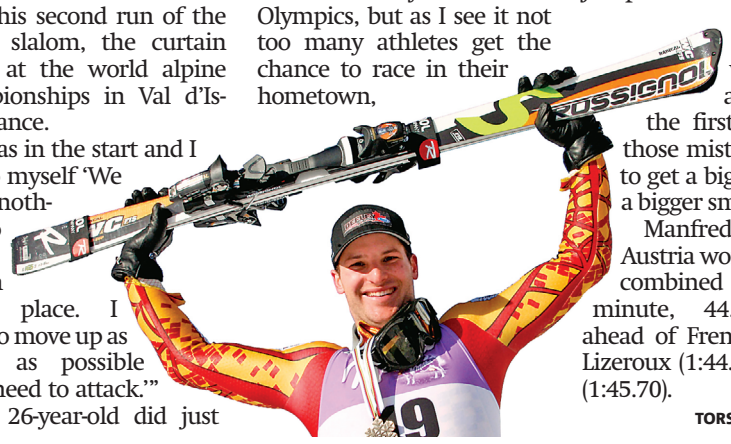
The 26-year-old did just that and was rewarded with Canada's first medal ever in a men's technical event at the world championships, winning a bronze medal in the men's slalom.

"It gives me a lot of confidence, knowing that I can perform on a big day," said Janyk.

"With this result today, for sure it will bring more pressure to next year and the Olympics, but as I see it not too many athletes get the chance to race in their hometown, especially their home country for the Olympics.

"No matter what the pressure and no matter what the outcome, I'm ready for it and glad that it's happening."

Janyk wasn't sure his time was going to stand up for a medal, but as he stood at the bottom of the course watching the favourites go down he began to realize he might just pull it off.

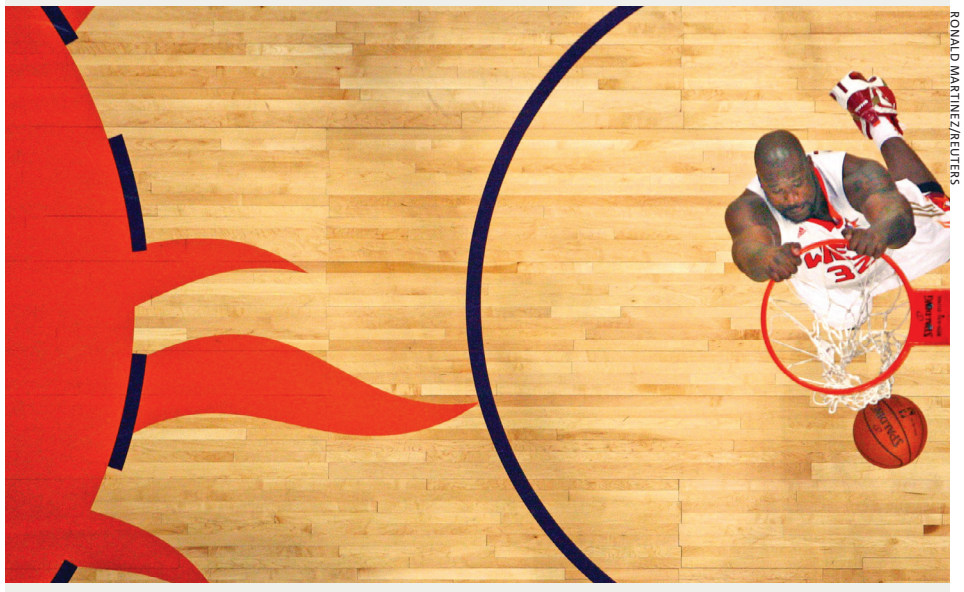


"When I saw the guys who were ahead of me in the first run making those mistakes, I started to get a bigger smile and a bigger smile."

Manfred Pranger of Austria won the gold in a combined time of one minute, 44.17 seconds, ahead of Frenchman Julien Lizeroux (1:44.48) and Janyk (1:45.70).

TORSTAR NEWS SERVICE

NBA Slam dunk for West in All-Star game



RONALD MARTINEZ/REUTERS

Phoenix Suns centre Shaquille O'Neal slam dunks the ball during the NBA All-Star game in Phoenix yesterday. O'Neal shared MVP honours with former teammate Kobe Bryant as the West beat the East, 146-119.

Salo a huge help, when he's healthy

Scott Rintoul
scott.rintoul@team1040.ca

You can question Sami Salo's ability to stay healthy, but you can't question the Canucks' record with him in the lineup.

Vancouver is 18-11-5 this season when Salo plays, which perhaps explains the fans' frustration with the Finn's frequent stints on the MASH unit.

Salo has missed a minimum of fifteen games in each of the last four seasons, but he also leads all Vancouver defencemen in scoring over that same time frame with 109 points.

Throw in the fact the that Salo has never been a minus player during his decade-long NHL career, and you can understand why some argue that Salo is the most valuable member of the Canucks' blueline.

But considering he's missed the equivalent of an entire season since 2005-06, it's also to understand why many regard him as the most infuriating player to patrol Vancouver's back end.

Sports in brief

DAYTONA 500 Matt Kenseth won NASCAR's season-opening Daytona 500 yesterday when heavy rain halted the race after 152 laps, 48 short of the scheduled distance. The victory was the first since November 2007 for the Ford-driving former NASCAR champion, and the 17th of his career. Kenseth took the lead on lap 146 and when steady rain began to fall, NASCAR officials halted the race for 16 minutes before calling it off.

REUTERS

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Let nature help dry your clothes

Hang your clothes up to dry. One load in the dryer uses enough energy to toast 250 pieces of bread, according to Change The World For Ten Bucks: 50 Ways To Make A Difference. METRO NEWS SERVICES

Going Green

Greenest notebook

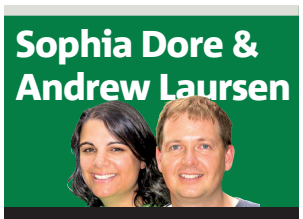
The Toshiba Portégé R600 was named the greenest notebook in Greenpeace's second annual Green Electronics: The Search Continues survey. The survey assessed more than 50 consumer electronics on their use of hazardous chemicals, energy efficiency, overall product life cycle and other factors such as the promotion of environmental friendliness and innovation. METRO NEWS SERVICES

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Putting a charge into vehicles

Hybrids and electric cars are sound decision for the environment

EarthTones



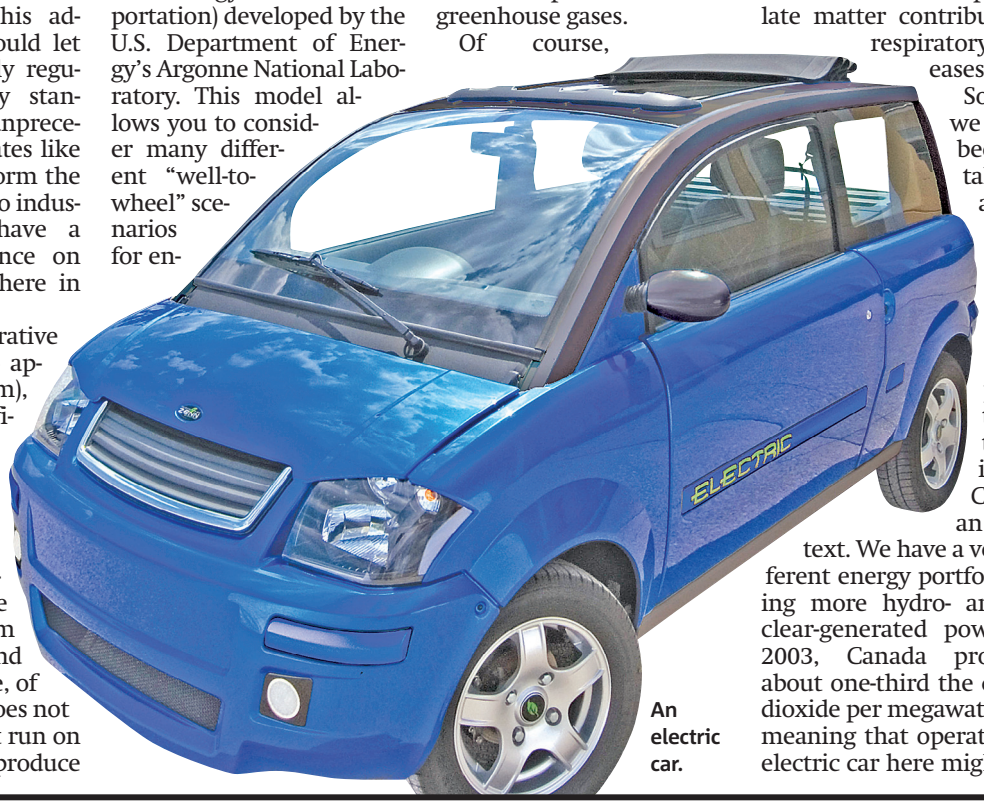
In his first week in office, U.S. President Barack Obama announced that his administration would let states independently regulate fuel efficiency standards. This gives unprecedented power to states like California to transform the North American auto industry, which will have a tremendous influence on the cars we drive here in Canada.

With a new imperative on Detroit (spun to appear as enthusiasm), the Big Three are finally getting on track with new electric models, electric/gas hybrids, and even electric/diesel hybrids. Many people share skepticism about hybrids and electric cars because, of course, electricity does not come free. Cars that run on electricity do not produce greenhouse gases during operation, but the production of the electricity to charge batteries certainly does. With this in mind, we thought it would be a good time to look at the question of what cars make sense from an environmental standpoint.

A good starting point for comparing vehicles is the GREET Model (Greenhouse gases Regulated Emissions and Energy use in Transportation) developed by the U.S. Department of Energy's Argonne National Laboratory. This model allows you to consider many different "well-to-wheel" scenarios for energy generation, delivery, and fuel use. Too many to fit into a short article like this.

But, in brief, running scenarios for passenger cars and assuming the United States' current energy portfolio (how they generate electricity), electric cars do outperform conventional gasoline-powered cars, using about 60 per cent of the energy, and producing about 70 per cent of the greenhouse gases.

Of course, your new Mustang or Charger is not a one-trick pony. Too often we think of the environment only in the context of greenhouse gases. Diesel and gas cars do outperform electric cars in terms of sulfur oxide and fine particulate matter production in the U.S., mostly due to the large number of coal-fired plants in the U.S. Oxidized sulfur compounds in the atmosphere cause acid rain and fine particulate matter contributes to respiratory diseases.



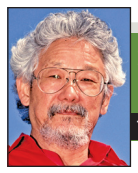
An electric car.

So far, we have been talking about a U.S. context, and it is worth putting this all into a Canadian context. We have a very different energy portfolio, using more hydro- and nuclear-generated power. In 2003, Canada produced about one-third the carbon dioxide per megawatt hour, meaning that operating an electric car here might produce 20 to 30 per cent of the greenhouse gases generated in operating a gasoline-powered car. The disparity grows even larger when considering the carbon-intensive extraction of oil-sands petroleum.

So, what does this all mean? Conventional gasoline engines are the worst of the lot, no surprise there.

Here in Canada, go ahead and buy that hybrid or new electric model and feel comfortable that you are making a sound decision for the environment. However, the surprise is that, given the current energy portfolio in the United States, gas hybrids can only beat diesel cars for energy efficiency and greenhouse gas production if you run on the electric motor more than 50 per cent of the time. Even then, these hybrids will be responsible for more sulfur oxide and particulate matter in the atmosphere. Although these same hybrids would outperform diesels in Canada's power mix, the auto industry should be building and marketing more diesel models given the infrastructure realities to our south.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.



SMALL STEPS
David Suzuki
Turning your life green

Green your home, get reduced rates

SAVINGS Did you know some Canadian banks will reduce your interest rate on a mortgage by as much as one per cent if you invest in certified Energy Star appliances, windows, or heating and cooling equipment in your house? That can add up to $2,000 in your pocket.

Meanwhile, the Canadian Mortgage and Housing Corporation gives qualified homeowners a 10 per cent green refund on mortgage loan insurance premiums if you buy or build an energy-efficient home, or make energy-saving renovations to existing homes.

DAVID SUZUKI FOUNDATION

Carbon-free polar station opens

ANTARCTICA The world's first zero-emission polar research station opened in Antarctica yesterday and was welcomed by scientists as proof that alternative energy is viable even in the coldest regions.

Pioneers of Belgium's Princess Elisabeth station in East Antarctica said if a station could rely on wind and solar power in Antarctica — mostly a vast, icy emptiness — it would undercut arguments by skeptics that green power is not reliable.

"If we can build such a station in Antarctica we can do that elsewhere in our society. We have the capacity, the technology, the knowledge to change our world," Alain Hubert, the station's project director, told Reuters.

REUTERS

Melting

- Scientists monitoring global warming predict higher temperatures could hasten melting at Antarctica, the world's largest repository of fresh water, raising sea levels and altering shorelines. If Antarctica ever melted, world sea levels would rise by about 57 metres.

News in brief

BACTERIA A compound from a sea sponge was able to reverse antibiotic resistance in several strains of bacteria, making once-resistant strains succumb to readily available antibiotics, U.S. researchers said Friday. "We can resensitize these pathogenic bacteria to standard, current-generation antibiotics," said Peter Moeller of the National Oceanic and Atmospheric Administration's Hollings Marine Laboratory in Charleston, S.C. REUTERS

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Global warming more serious than predicted, U.S. scientists report

The climate is heating up far faster than scientists had predicted, spurred by sharp increases in greenhouse gas emissions from developing countries like China and India, a top climate scientist said Saturday.

"The consequence of that is we are basically looking now at a future climate that is beyond anything that we've considered seriously," Chris Field, a member of the Intergovernmental Panel on Climate Change, told the American Association for the Advancement of Science in Chicago.

Field said "the actual trajectory of climate change is more serious" than any of the climate predictions in his group's fourth assessment report, called Climate Change 2007.

"There is a real risk that human-caused climate change will accelerate the release of carbon dioxide from forest and tundra ecosystems, which have been storing a lot of carbon for thousands of years."
Scientist Chris Field

He said recent climate studies suggested the continued warming of the planet from greenhouse gas emissions could touch off large, destructive wildfires in tropical rain forests and melt permafrost in the Arctic tundra, releasing billions of tons of greenhouse gases that could raise global temperatures even more.

"There is a real risk that human-caused climate change will accelerate the release of carbon dioxide from forest and tundra ecosystems, which have been storing a lot of carbon for thousands of years," Field said.

He pointed to recent studies showing the fourth assessment report underestimated the potential severity of global warming over the next 100 years.

"We now have data showing that from 2000 to 2007, greenhouse gas emissions increased far more rapidly than we expected, primarily because developing countries, like China and India, saw a huge surge in electric power generation, almost all of it based on coal," Field said.

REUTERS

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Group dating gaining steam

Matters of the Heart

RAFAEL BRUSILOW
for Metro Canada

If regular dating isn't working for you, why not bring your friends along for the ride?

The phenomenon of group dating, where one posse of single friends collectively goes on a date with another group of eligible singles, is gaining in popularity as daters realize the value of strength in numbers.

While the concept isn't entirely new — meeting people while hanging out with your friends has happened for millennia — social networking tools like Facebook have made group dating much easier to organize and try. Many online dating sites are experimenting with group dating options and some, like recent entry Ignighter (ignighter.com), are banking solely on the fun, stress-free experience group dating promises.

Ignighter initially started as a Facebook application before branching out to a stand-alone site last August. Site co-founder Adam Sachs, 26, says unlike one-on-one dates, which can be tense and awkward, group dates better simulate the natural environment in which most daters meet new people anyways.

"You can meet people like you would in real life, in a safe and less awkward environment, with your friends around. It's a great way to break up a nightlife routine," Sachs said.

"You can meet people like you would in real life."
Adam Sachs

Dating groups create profiles including funny stories about each other and nicknames alongside standard dating details like personality traits, likes and dislikes. Other dating groups can browse and respond to your group's profile and set up a collective date.

Kateryna Spiwak, a dating and relationship coach, says group dating can be a more efficient way of meeting people while making sure your night out will be a success, romance or not.

"You have much better odds of meeting someone and even if you don't meet anybody, you're still going to have a great time with your friends," Spiwak said.

Sachs says user feedback from Ignighter suggests average groups tend to comprise of about three or four people and group dates often tend to be more adventurous.

"Something about (group dating) lends itself to being a little more creative."

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Party for Paris

Paris Hilton threw a wild pink-themed 28th birthday bash for herself Friday evening at her home in Los Angeles that lasted well into the night, with Paris dancing on her stripper pole for guests. She gave partygoers only one rule: "You have to wear pink to get in." INTOUCHWEEKLY.COM

Entertainment

Mommy M.I.A.

M.I.A. followed up her performance at the Grammys last week by giving birth. The Sri Lankan singer said on her MySpace blog that her first baby, a boy, was born on Wednesday.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Weekend box office

1. **Friday the 13th:** $42.2 million US
2. **He's Just Not That Into You:** $19.6 million
3. **Taken:** $19.3 million
4. **Confessions of a Shopaholic:** $15.4 million
5. **Coraline:** $15.3 million
6. **Paul Blart: Mall Cop:** $11.7 million
7. **The International:** $10 million
8. **The Pink Panther 2:** $9 million
9. **Slumdog Millionaire:** $7.2 million
10. **Push:** $6.9 million

REUTERS

The crying game

Music gives Antony Hegarty freedom to express

ROB MCMAHON
for Metro Canada

A conference call seems a fitting way to connect with Antony Hegarty, of Antony and the Johnsons.

The Mercury Prize winner spoke about his work as a shifting expression of identities, experiences, influences and sounds rather than any fixed product of his imagination. As the interview progressed, his accent changed, and hints of Irish lilt and laid-back Californian bubbled forth and disappeared.

"My speaking voice came as a result of moving around a lot as a kid — it was a coping mechanism, as I adapted my accent to my location," he said. "If I'm speaking to French people, I'll use my French accent; in England I'll use English. I can't control it. But when I sing, I feel like it's my real voice."

When he started singing as a child, report cards praised Hegarty's enthusiasm, but not his prowess. Moving to America from Britain at 11, he turned to pop favourites Boy George and Kate Bush; then moved on to Nina Simone and others in his late teens, absorbing and expressing influences.

"When singing, even when I was very young, (I remember) it felt like a place I could express things I can't express in real life," he said. "I still have suitcases full of cassettes of songs I wrote as a kid."

In concert

- Antony and the Johnsons play the Vogue Theatre in Vancouver on Feb. 27.

In 1990, Hegarty moved to New York to study experimental theatre and form the cabaret collective Black Lips. Along with singing with disco-house revivalists Hercules & Love Affair, he's worked with Boy George and Lou Reed, as well as Björk, Devendra Banhart and the London Symphony Orchestra.

On his group's latest album, The Crying Light, Hegarty's voice exhibits this multifaceted personal history — blending feminine with masculine, sad ballads with joyous vibrato choruses, and arranging cello, strings and piano, compositions focused on negative space. This description fits Hegarty's approach to music-making in general. Whether lyrical themes, sounds or relationships, he's focused on keeping things open to allow for spontaneous collaboration.

"If all (a song) is, is a document analyzing what I feel individually, it's dead in (the) water. I'm just one of many sources in the work," he said. "What's interesting to me is what happens in dialogue (and through) relationships — that potential to transform the work in performing it."

SECRETLY CANADIAN PHOTO

Antony and the Johnsons frontman Antony Hegarty, above, spoke to Metro about his band's latest album, The Crying Light.

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metro Do it daily.

Nude Madonna photo sells for $37,500
A full frontal nude photo of Madonna, taken in 1979 before she became famous, has sold at auction for $37,500 — more than double its pre-sale estimate. The black and white photo was taken when the pop music superstar was 20. **METRO NEWS SERVICES**

Glam sets Fashion Week tone

New York Fashion Week kicked off on Friday with glam and elegance setting the tone. Here are some highlights from day one and two:

BCBG Max Azria
Considering how depressing the present is, Max Azria had the right idea by focusing his fall collection on the future. Literally, the idea emerged through gold, metallic leggings paired with dresses that featured geometric shapes and precise cuts or fluid draping. Overall, it was more chic city girl than Judy Jetson.

Jason Wu
Sighs were heard as each one of Wu's breathtaking looks floated down the runway. It started with lady-like separates in mix-matched prints (patterned chiffon blouses with plaid tweed jackets), then transitioning to the real works of art: elegant, ethereal and fantastical dresses. It was all fit for — forget the first family, more like royalty.

Vena Cava
Lisa Mayock and Sophie Buhai kicked up the wow factor from last season's understated glamour, adding texture and embellishments to their trademark lean silhouettes. Their elegantly edgy motorcycle jackets, asymmetrical blazers, and a silver foil cardigan were pitch-perfect, while the pieces featuring metallic fringe seemed to be a creative miss.

METRO WORLD NEWS

BCBG Max Azria

GETTY IMAGES

Jason Wu

Elise Overland
Rock 'n' roll glam clothes set the tone for the party-like atmosphere at Overland's presentation. The shiny metallic and sequined asymmetrical jackets, trousers, mini skirts and dresses all had a certain "What recession? I'm going clubbing!" air to it. Some favorite moments, though, were the more understated ones such as a loose printed pant paired with a dry seaweed cotton jacket.

METRO WORLD NEWS

GETTY IMAGES

Elise Overland

Reporter exposes military corruption in new memoir

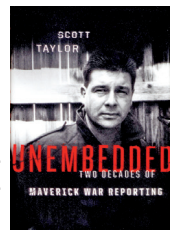
STEVE COLLINS
for Metro Canada

BOOKS I'm probably not the most objective reader of Scott Taylor's latest book, Unembedded: Two Decades of Maverick War Reporting, his memoir of exposing corruption in the Canadian military and reporting from war zones like Afghanistan, Bosnia and Iraq.

Taylor, editor and publisher of the military magazine Esprit de Corps, is my friend, mentor and onetime neighbour. It's a small country, and the recklessly independent Taylor has made many friends and enemies.

The book's title refers to the practice of "embedding" reporters with military units. Journalists live with the soldiers in the field, depend on them for their safety, and, if their handlers do their job properly, see and report just what the military wants them to.

While media organizations used to shun these sorts of arrangements, the practice has grown as editorial budgets have shrunk, and the temptation to take on the point of view of your hosts and protectors is powerful.



Unembedded by Scott Taylor.

Taylor has long refused to stay with the media tour, and made a point of interviewing the "enemy," whether Serb, Iraqi or Taliban. Travelling on his own ticket, Taylor has often ended up in over his head. In the book, he recounts his sense of "impotence and injustice" witnessing the gang rape of a woman by armed Slovenian paramilitaries.

When he went missing in 2004, taken hostage by Ansar al-Islam Mujahadeen in Northern Iraq, many, including Taylor, thought his story was over. He describes in brutal detail his five-day crucible, during which he was told he was to die before being unexpectedly released.

BookReview

Peter Gabriel spurns Oscars

MUSIC Peter Gabriel has rejected an offer to perform at the Academy Awards next week after the veteran British rocker learned he would have just a minute to sing his Oscar-nominated tune from Disney's WALL-E.

Gabriel and composer Thomas Newman will compete for the best song Oscar Feb. 22 with Down To Earth, a tune from the hit Pixar cartoon. The other two nominees are a pair of compositions from Slumdog Millionaire.

The songs are scheduled to be performed as a medley during the televised ceremony, which last year ran for almost three and a half hours. **REUTERS**

In brief

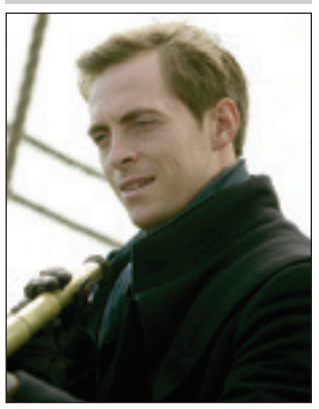
LOS ANGELES A California appeals court Friday denied an attempt by the president of the largest U.S. actors union to block upcoming contract negotiations with Hollywood's major studios. Alan Rosenberg, president of the Screen Actors Guild, earlier this month sought a court-ordered injunction to block a new SAG negotiating task force — put in place by the union's national governing board — from resuming long-stalled labour talks with Hollywood's major studios.

REUTERS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/16/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Just for Laughs (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Soup	How I Met	Engagement	Worst Week	Snoop Father	Snoop Father	News (N)
	254	-	8 M	Two-Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	The Practice (CC)		One Tree Hill (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Unfaithful" (N) (CC)		Heroes "Building 26" (N)		24 "Day 7: 4:00PM - 5:00PM"		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Gossip Girl (CC)		Ghost Whisperer (CC)		Medium (N) (CC)		News (CC)
	253	359	13 CITY	Law & Order: SVU		The Bachelor (N) (CC)				True Beauty (N) (CC)		EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Gossip Girl (CC)		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Chuck (N) (CC)		Heroes "Building 26" (N)		Medium (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How Clean	Kim	Love It or List It		Dollars	Smart Cookies	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelor (N) (CC)				True Beauty (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Empire Records ★ (1995) Anthony LaPaglia, Rory Cochrane.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow "Wichita"		American Experience		Eyes on the Prize II		Eyes on Prize
	290	382	28 FOX	Two-Half Men	Two/Half Men	House "Unfaithful" (N) (CC)		24 "Day 7: 4:00PM - 5:00PM"		News (N) (CC)		Family Guy
	-	364	43 PBS	Simon Schama's Rough Crossings (N)			Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow "Wichita"	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65 TLA	Two-Half Men	Two/Half Men	Gossip Girl (CC)		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	29 NW	Beyond Wiseguys: Italian		CBC News: The National (N)		CBC News: The National		Beyond Wiseguys: Italian		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Poker After Dark (CC)		Hockey	Canucks TV	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey	SportsCentre (Live) (CC)			Billiards 2008 Mosconi Cup.		Winter X Games (CC)		SportsCentre
	411	457	49 OLN	Dog the Bounty Hunter (CC)		Survivorman (CC)		Mantracker "Jordan & Suzie"		Dog the Bounty Hunter (CC)		Survivorman
	410	403	50 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	55 SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144 GLF	Fútbol Español		Gol TV News	Legends	Footballers	Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Cheaper by the Dozen 2 ★★ (2005) Steve Martin. (CC)				Falcon Beach "Vigil" (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	(6:00) Aladdin	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Undersea	Landscape	History of Britain		Stardust: Bette Davis		FASD: Finding Hope (N) (CC)		Haida Art
	575	583	20 CMT	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	MuchNews	Video on Trial	MuchVibe (CC)		So You Think You Can Dance (CC)				Dance
	600	564	29 H&G	Price	Petal Pushers	Holmes on Homes (CC)		Property	Income Prop.	House	For Rent	Price
	615	520	31 A&E	Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Chad" (CC)		Intervention "Chris" (CC)		Paranormal
	628	584	32 SPKE	(6:00) Ring of Death (2008)		UFC 95 Countdown (N)		CSI: NY "The Fall" (CC)		Disorderly Conduct: Video		Videos
	521	560	34 TLC	Jon & Kate, Skiing		Little People	Little People	Jon & Kate	Jon & Kate	Jon & Kate, Skiing		Little People
	616	522	39 SHO	The Outer Limits "Revival"		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl	Testees (CC)	House (CC)
	620	523	40 BVO	(6:00) Magic Flute Diaries		Law & Order "Slaughter"		Without a Trace (CC)		Magic Flute Diaries (2008) Rutger Hauer. (CC)		
	601	562	41 SLC	Project Runway Canada		ET Canada	Matchmaker	Project Runway Canada		Trading Spouses		Biggest Loser
	520	505	42 DIS	Guinea Pig	Guinea Pig	Daily Planet (CC)		Dirty Jobs "Vellum Maker"		Guinea Pig	Guinea Pig	MythBusters
	522	506	44 HIS	(6:00) M*A*S*H: Goodbye, Farewell, Amen			M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H
	627	528	45 SPC	Sarah Connor Chronicles		Stargate SG-1 "New Ground"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Name Is Earl	Name Is Earl	Seinfeld	Sex and-City	Sex and-City	The Cookout ★ (2004, Comedy) Ja Rule. (CC)			Kings Ransom
	619	525	48 TROP	TV Made	News Show	Tube Tales	E News	Make	TV Made	Planet Soap	Reality	Deal-No Deal
	603	561	52 FN	Hell's Kitchen (CC)		Chef School	Chef School	Challenge "Dr. Seuss Cakes"		Food	Road Tasted	Hell's Kitchen
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Gilbert Gottfried: Dirty Jokes		Daily Show
	320	621	60 CEN	Sanctuary "Kush" (CC)		U.S. of Tara	Secret Diary	ZOS Zone of Separation (N)		Brotherhood (CC)		Sanctuary
	581	566	101 MTV	The City	City Live After	MTV Live	MTV News	Making the Band 4 (CC)		The City	City Live After	MTV Live
	261	394	102 V	God Bless	Clergy	Poltergeist: The Legacy		Stay Hungry ★★★ (1976) Jeff Bridges, Sally Field. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy: That's Entertainment		Patrol World

critics'corner

Simon Schama's Rough Crossings
Writer Simon Schama revisits a little-known, sad chapter in African-American history in this new special. Toward the end of the American Revolution, the British offered thousands of slaves their freedom if they would fight for the crown. Royal Navy officer John Clarkson took charge of resettling them in Nova Scotia, which proved a poor fit. Arrangements were made to transport them to Sierra Leone, where worse conditions awaited. 7 PM on PBS



Magic Flute Diaries
The music of Wolfgang Amadeus Mozart provides the soundtrack for this fanciful 2008 tale of a young singer (Warren Christie) who's cast as the male lead in "The Magic Flute." He falls in love with his leading lady (Mireille Asselin) and soon discovers that she's being held captive in a castle. The story takes him from the present day into Mozart's time, courtesy of his imagination, but his reality proves as strange as his dreams. 6 PM on BVO

Jackman's pick

This year's Oscars' host, Hugh Jackman, can't be silent about one thing: His choice for best supporting actor. And the Oscar should go to ... the late Heath Ledger, for The Dark Knight, people.com quotes him as saying. METRO NEWS SERVICES

Celebrity Buzz

Brown says he's sorry

IMAGE Chris Brown broke his silence yesterday, with a spokesperson releasing a statement to the media on his behalf, people.com reports.

"Words cannot begin to express how sorry and saddened I am over what transpired. I am seeking the counseling of my pastor, my mother and other loved ones and I am committed, with God's help, to emerging a better person," the statements reads.

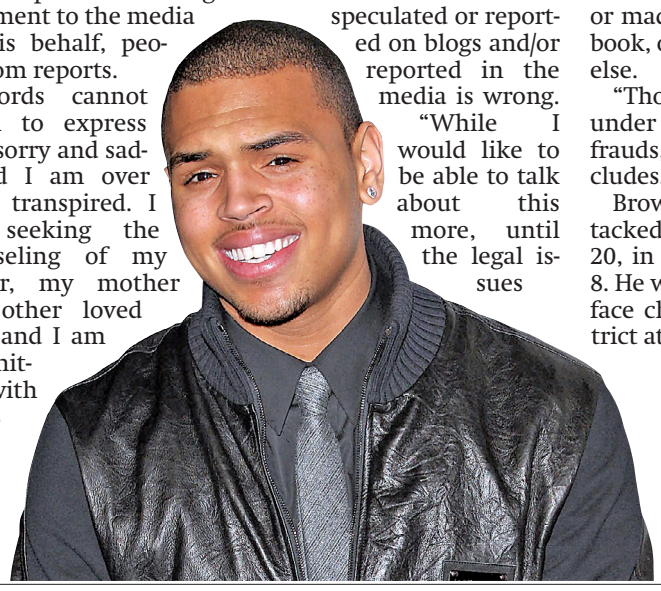
"Much of what has been speculated or reported on blogs and/or reported in the media is wrong.

"While I would like to be able to talk about this more, until the legal issues are resolved, this is all I can say except that I have not written any messages or made any posts to Facebook, on blogs or any place else.

"Those posts or writings under my name are frauds," the statement concludes.

Brown, 19, allegedly attacked girlfriend Rihanna, 20, in Los Angeles on Feb. 8. He was arrested and may face charges from the district attorney.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Simpson shows love

ROMANCE Jessica Simpson was feeling the love on Valentine's Day — throwing out more than one "I love you" to NFL-player boyfriend Tony Romo during her Saturday night performance in Rochester, N.Y., people.com reports.

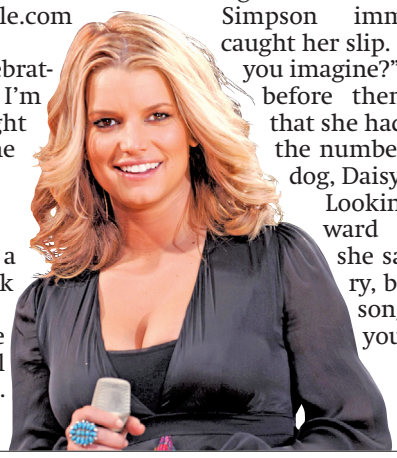
"I'm celebrating the life I'm living right now," the singer, flaunting muscular bare legs in a sexy black mini-dress, told the nearly full auditorium.

Introducing You're My Sunday, a song she co-wrote for Romo, Simpson, 28, announced, "Somebody came into my life and made me see myself in the best mirror possible, so I wrote this song for her."

Simpson immediately caught her slip. "Ha! Can you imagine?" she said before then joking that she had penned the number for her dog, Daisy.

Looking toward Romo, she said, "Sorry, baby. This song's for you."

METRO NEWS SERVICES



Jolie unnerved by octuplet mom

PEOPLE Angelina Jolie is reportedly "creeped out" by one of her biggest fans, octuplet mom Nadya Suleman.

Sources close to Jolie told the Daily Mail that Suleman has written several letters to Jolie in the past praising the famous actress for her talent and her work with children. Friends of Suleman also say the mother of 14 had plastic surgery in order to look more like Jolie, a claim Suleman has denied.

METRO NEWS SERVICES

Website launches Ledger petition

ONLINE Heath Ledger's fans are getting together to demand that his Oscar-nominated portrayal of the Joker be the last for the famous character.

"We think Heath deserves this honour," TheUltimateJoker.com spokesperson Fer Barbella told CNN from Buenos Aires. "After we saw The Dark Knight, we thought this Joker was really the best. It deserves to be withdrawn from any Batman sequels." The Web site's online petition already has more than 18,000 supporters.

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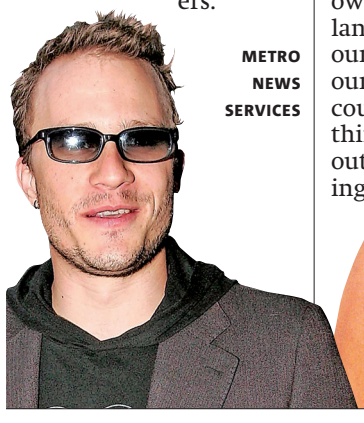


Kate and Leo have a 'secret language'

PEOPLE Kate Winslet and Leonardo DiCaprio have their own "secret language," femalefirst.co.uk reports.

The British actress has revealed the Revolutionary Road co-stars developed a special lingo to help get them through challenging scenes.

She said: "When we filmed difficult scenes we developed our own secret language of our own. With our history we could do anything without feeling stupid."

The 33-year-old actress — who has remained close to DiCaprio since they starred in the 1997 blockbuster Titanic — insists she trusts the 34-year-old actor implicitly, and would even let him hurt her if it improved a scene.

She said: "I would even let Leo physically harm me if it meant making a scene better, and I know he feels the same way. If we didn't have this rare friendship, I don't think we would be able to show that chemistry on screen."

METRO NEWS SERVICES

Katy and Benji hooking up?

PEOPLE Both dealing with recent public breakups, Katy Perry and Benji Madden spent Valentine's Day out together at a nightclub in Las Vegas, according to Perez Hilton. Benji, who recently ended his relationship with Paris Hilton, and Perry, who broke up with Gym Class Heroes singer Travis McCoy, joined a group of friends at nightclub Lavo.

"They were with friends, but you could definitely tell they were on a date," a source says. "There wasn't any public making out, but they were very 'friendly' with each other."

METRO NEWS SERVICES

LiLo, SamRo cancel Florida gig

HEALTH Lindsay Lohan and Samantha Ronson broke some hearts this Valentine's Day, cancelling a party-hosting and DJing gig at a club in Florida because Ronson was too sick to travel.

"We really feel bad, and I work sick when I can, but unfortunately I couldn't drive to Miami, so I'm stuck in New York City with doctor's orders not to fly," Ronson told People magazine.

The pair was spotted out the night before in New York celebrating late into the night after Samantha's sister Charlotte Ronson's fashion show.

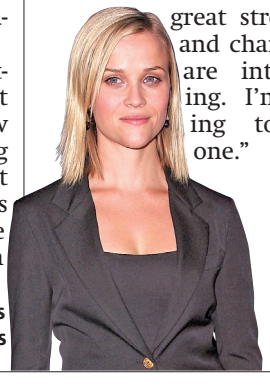
METRO NEWS SERVICES

Reese looking for onscreen action

IMAGE Reese Witherspoon wants to star in an action film, femalefirst.co.uk reports.

The Oscar-winning actress would love to become an action hero like Angelina Jolie, and would even consider hitting the gym to get the right physique for the part. The diminutive star is quoted as saying: "I would like to do an action movie. I love to watch Angelina Jolie in movies like Mr. and Mrs. Smith. "I think movies where women have great strength and character are interesting. I'm dying to do one."

METRO NEWS SERVICES



Kiefer eager for Williams appearance

ROLE Kiefer Sutherland is keen to find a role in his hit show 24 for Robin Williams after finding the funnyman is a big fan of the drama, femalefirst.co.uk reports.

Williams recently begged for a part in 24 during a chat with TV Guide magazine, stating, "I would play a technical adviser. Anything," and Sutherland is thrilled the comic is watching.

He says, "It would be an honour (to have him on the show). You're talking about an Academy Award-winning actor with no lack of energy, which is what we require.

"Robin could be an innocent computer analyst who stumbles onto something cryptic ... and becomes a target. (My character) Jack Bauer, the government and the bad guys are all looking for this guy, who is scared to death and running for his life."

Williams has proved himself a master of tense TV dramas — he won acclaim last year as a deranged character on the 200th episode of Law & Order: SVU.

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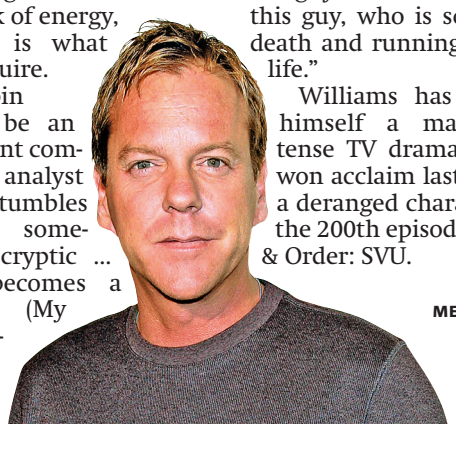

90210 star dying for New Moon role

PEOPLE Last week ET confirmed she auditioned for the role of Heidi in New Moon.

Now, 90210 star Anna-Lynne McCord reveals just how close she is to joining the Twilight sequel, msn.com reports.

McCord, who plays Naomi Clark on 90210, tells MTV she's in negotiations with New Moon director Chris Weitz and his team. "It's definitely something I would love to do; as most people know, I am obsessed with vampires. I'm a true-blood Twilight fan all the way."

McCord says her busy slate of 90210 shoots presents "some scheduling conflicts, and we're trying to work that out now."

The actress says that if she does join New Moon, she would play Heidi, who in Stephenie Meyers' books is a siren of sorts, who uses her beauty to lure unwitting humans into the clutches of the wicked Volturi.

"I love Heidi. She's obviously very sexy. She's the fisherman; she's the bait," McCord says. "It's a fun character to play. But she's also a thousand-year-old vampire, so that's kind of badass."

METRO NEWS SERVICES

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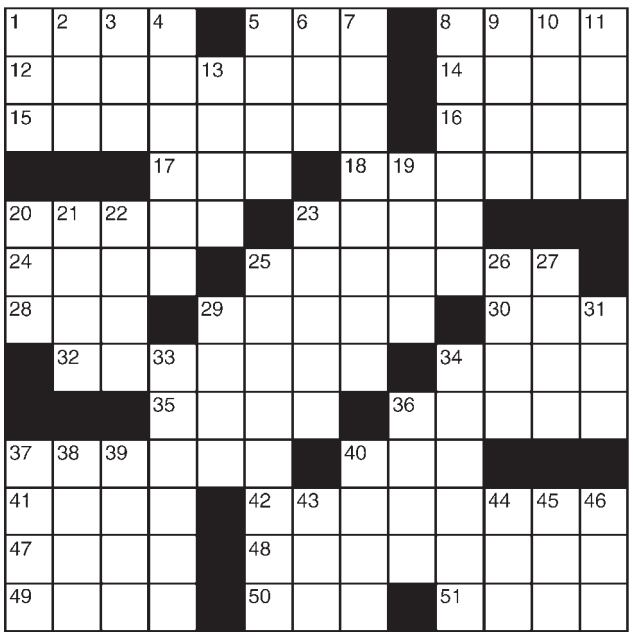
Take Five



Crossword across

1 Erstwhile Peruvian lower boundary
5 Apiece
8 Summer getaway
12 Really scary
14 Curved molding
15 Pay the tab
16 Memorization method
17 Healthy
18 Forest officer
20 Book of photos
23 Ireland
24 Actress Jessica
25 Nouveau riche type
28 Look at
29 Strike zone's
30 Lummox
32 Revolts
34 Hint
35 Drenches
36 1-2-3 dance
37 Chevrolet named for an antelope
40 Listener
41 In a few minutes
42 Fasten your seat belts
47 Fat
48 Attack verbally
49 Sicilian spouter
50 Before
51 Requirement

Crossword down

1 Conditions
2 Born
3 Tabby, e.g.
4 Wily
5 Versifier
6 Ostrich's cousin
7 Does an encore, literally
8 Eyeball part
9 Enthusiastic
10 Apportion (out)
11 Equal
13 Slender
19 Carney and Garfunkel
20 Six-pack muscles
21 Stead
22 Traffic noise
23 Tools for duels
25 Wobbly
26 "Shake, Rattle, and —"
27 Lacking slack
29 German canal
31 Tasseled hat
33 African nation
34 Late comic George
36 Hear the alarm
37 Capri, for one
38 Castle protection
39 X-rated material
40 "— homo!"
43 Eg. and Syr., once
44 Away from WSW
45 Beehive State native
46 Spacecraft compartment

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					9			
7		8		6			2	1
		6	2	4				
5		7						8
	2						6	
3						1		9
				5	1	3		
6	9			7		5		4
			3					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	I	M	■	T	W	I	N	■	B	A	S	S
A	N	A	■	H	A	L	O	■	L	I	L	Y
M	A	K	E	O	V	E	R	■	A	N	O	N
■	■	E	A	S	Y	■	■	A	Z	T	E	C
W	A	S	T	E	■	B	A	R	E	■	■	■
E	M	U	S	■	S	U	P	E	R	M	A	N
P	A	R	■	J	U	D	E	A	■	A	L	A
T	H	E	B	I	R	D	S	■	S	K	I	S
■	■	■	A	N	D	Y	■	D	O	E	T	H
B	R	O	N	X	■	■	S	W	I	G	■	■
L	O	K	I	■	M	A	K	E	L	O	V	E
A	I	R	S	■	O	D	I	E	■	O	I	L
B	L	A	H	■	I	A	M	B	■	D	E	F

6	1	7	4	9	5	2	3	8
3	4	9	2	7	8	6	1	5
8	2	5	1	6	3	7	4	9
1	8	3	9	2	6	4	5	7
4	9	6	5	1	7	8	2	3
5	7	2	8	3	4	1	9	6
9	3	4	6	8	1	5	7	2
2	6	1	7	5	9	3	8	4
7	5	8	3	4	2	9	6	1

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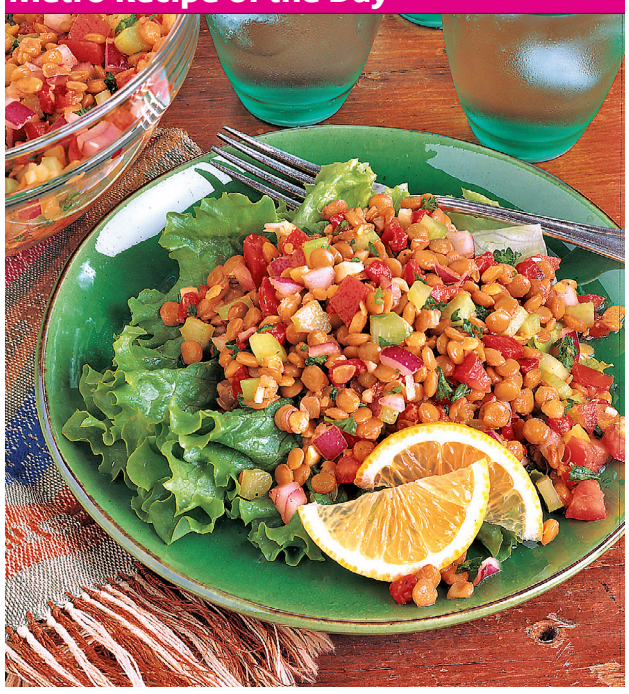
SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Warm Lentil and Roasted Pepper Salad

INGREDIENTS:
3 cups (750 ml) water
1 cup (250 ml) brown lentils
1 tsp (5 ml) salt
1/4 cup (50 ml) chopped parsley
1/2 cup (125 ml) diced, drained and rinsed canned roasted sweet red pepper
1 medium stalk celery, diced
1/2 cup (125 ml) diced red onion
1 cup (250 ml) diced and seeded plum tomatoes
2 garlic cloves, minced
2 tbsp (25 ml) lemon juice
2 tbsp (25 ml) olive oil
1/4 tsp (1 ml) black pepper

METHOD:
1. Bring water, lentils, and 1/2 tsp (2 ml) of the salt to boil in 3-quart (3-l) pot over high heat. Reduce heat to medium-low and simmer, covered, until lentils are firm but fully cooked, 20 to 30 minutes.
2. Meanwhile, mix parsley, sweet pepper, celery, onion, tomatoes, garlic, lemon juice, oil, black pepper and remaining 1/2 tsp (2 ml) salt in large serving bowl.
3. Drain lentils, add to serving bowl, and toss. Serve warm with leaf lettuce, goat cheese and bread.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You'll achieve more when you are respected. A bothersome guy wants to negotiate an ultimatum. You'll have errands to run before you can play around.

TAURUS
APRIL 21-MAY 21
A dark-haired person will talk about affection. Somebody's self-indulgent fantasies will make you crazy. Ease out of a predicament by using your wits.

GEMINI
MAY 22-JUNE 21
An enchanting friend gives you an invitation. Take time out for your own pleasure. You'll have to borrow something from someone you don't like.

CANCER
JUNE 22-JULY 22
Avoid being pessimistic with an offbeat colleague. Have confidence in your good fortune. If you interfere in a spat you'll risk being damaged.

LEO
JULY 23-AUG 23
Help someone to see the big picture. You're reminded of a promise that you forgot. A dispute evaporates when justification is given by the perpetrator.

VIRGO
AUG 24-SEPT 22
A pitiless troublemaker will annoy everyone nearby. Let a powerful man take the lead to eliminate a problem. Don't be sucked into a ridiculous situation.

LIBRA
SEPT 23-OCT 23
A crisis disappoints in one sense but is excellent in another. Don't be bowled over by contradictions. A critical approach won't result in compliments.

SCORPIO
OCT 24-NOV 22
A social test makes you anxious. Problems are forcing you to reassess your life. A manager will give you a generous advantage.

SAGITTARIUS
NOV 23-DEC 21
Leave a bad situation at the first sign of criticism. Don't make important decisions for the next two days. Your smile brings you good luck.

CAPRICORN
DEC 22-JAN 20
Be prepared to have an intense chat. A mocking person makes you wait. Desperate measures will be taken when an objective is suspected to fail.

AQUARIUS
JAN 21-FEB 18
You'll cheer when a courageous dream comes true. Unsettling moments result from a commotion. Question whether your first impression is correct.

PISCES
FEB 19-MARCH 20
A challenging expert creates a drama. You don't have to wade into a battle and play peacemaker. Damage is the topic of an unsettling discussion.

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